

NEUROSCIENCES WELLNESS NEWSLETTER

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GOT HEALTH GOALS?



Do you have health goals you would like to reach? Health *Plus* provides [personal lifestyle coaching](#) as a benefit for Vanderbilt faculty/staff and spouses. Lifestyle coaching can help you find the motivation and tools to reach your goals. Coaching is available by telephone or virtually!

JANUARY HEALTH IS HEALTH AWARENESS MONTH FOR:

CERVICAL CANCER
AWARENESS MONTH

GLAUCOMA
AWARENESS MONTH

NATIONAL BIRTH
DEFECTS AWARENESS
MONTH



GOAL SETTING

Have SMART goals

You're not going to achieve your goals if they aren't SMART. If you haven't heard of SMART goals already, they are goals that are:

Specific. There's no point in setting vague goals that don't achieve anything specific.

Research by the creators of goal setting theory, Locke & Latham, found that in 90% of studies conducted, specific and challenging goals lead to higher performance than when people were set either easy goals, "do your best" goals, or no goals at all.

It's important for both you and your employees to have clear and established aims, to avoid potentially setting goals so broad that they are overwhelming and therefore too difficult to set into action.

Measurable. Once you have a specific goal pinned down, it's important to be able to measure the success or completion of the goal.

This doesn't have to be in the traditional sense, like on a numeric scale or a statistic, it just has to be measurable in some sense, so that it is clear when you have reached or are close to reaching your goal.

Attainable. A SMART goal must be within reach. Lean on data, analytics, and research to help set attainable goals.

Relevant. It is essential that any goals set for teams or individuals are relevant to company-wide aims.

EXPECTING THIS YEAR- CHECK OUT BABIES AND YOU



[Health Plus, Health Plus Classes, Services](#)
Health Plus offers Babies & You, a work site prenatal health promotion program for VUMC faculty/staff, spouses, and/or dependent children who become pregnant. The program encourages early and consistent prenatal care and

provides monthly educational opportunities including topics like breastfeeding, nutrition, coping with the discomforts of pregnancy, newborn care, choosing a pediatrician, and more. These sessions are led by VUMC experts: nurse midwives, pediatricians, lactation consultants, etc.

[Enroll in Babies & You](#) to have access to monthly educational sessions, now offered virtually.

In addition to the monthly sessions, \$50 is offered to eligible participants who:

- [Enroll](#) in the first trimester
- Attend at least 3 of the monthly sessions
- Provide documentation of attending all prenatal provider visits.

Upcoming Babies & You classes:

Thursday, January 19

Caring for Your Body throughout Pregnancy and the Postpartum Period

Nicole Motzny, Physical Therapist, Vanderbilt Orthopedic Institute

Location: Virtual in Teams

Of course, goal completion is important, and having goals met or worked towards is the overall idea when setting them, but this is only really beneficial when the goals are productive in the workplace environment and will contribute to company success in some way.

As a manager, it is particularly important that you help your employees link their goals back to the wider team and company-wide goals. One of the best ways to motivate your employees is to make sure they know how their work is contributing to the bigger picture.

Time-bound. Goals must be time-related. It's not productive to set a deadline too far in the future for a simple task, or an unrealistically short deadline for something complex and time-consuming.

This common pitfall can be incredibly demotivating for staff. They're either left with an abundance of time in which they are not pushing themselves or left feeling stressed and demotivated when they fail to complete goals in the time frame provided.

By setting goals that have these characteristics, you're setting yourself up for greater success. To read full article [click here](#).

THE TRUTH ABOUT FAD DIETS



TRYING TO GET YOUR DIET BACK ON TRACK AFTER THE HOLIDAYS?

Start small by trying to limit your sugar intake.



RECIPES



OLD-FASHIONED FRUIT CRUMBLE

Serves 4

Ingredients:

2 ½ cups fresh or frozen fruit, such as blueberries, peaches, plums
1 tablespoon granulated sugar
3 tablespoons whole-wheat or all-purpose flour, divided
1 tablespoon orange juice
½ cup rolled oats
¼ cup chopped almonds or pecans
3 tablespoons brown sugar
¼ teaspoon ground cinnamon
2 tablespoons canola oil

Directions:

1. Preheat oven to 400°F.
2. Combine fruit with granulated sugar, 1 tablespoon flour and orange juice. Divide among four 6-ounce ovenproof ramekins or a one baking dish.
3. Combine oats, nuts, brown sugar, the remaining 2 tablespoons flour and cinnamon. Drizzle with oil and stir to combine. Sprinkle over the fruit mixture. Place the ramekins on a baking sheet.
4. Bake until the fruit is bubbling, and the topping is golden, 20 to 25 minutes. Let stand for at least 10 minutes before serving.



KALE AND WHITE BEAN SOUP

Serves 6

Ingredients:

1 tablespoon extra-virgin olive oil
½ finely chopped yellow onion
2 finely chopped celery stalks
1 leek cleaned and thinly chopped white and pale green parts only (optional)
3 cloves of minced garlic
2 teaspoons of thyme
½ teaspoon red pepper flakes (optional)
Kosher salt
Freshly ground black pepper
4 cups vegetable broth or chicken broth
2 cups water
2 (15.5 oz) cans of cannellini beans, drained and rinsed
Juice of 1 lemon
1 large bunch of kale, stems removed and torn into medium pieces
Fresh grated Parmesan cheese for serving

Directions:

1. Heat oil in a large pot over medium heat. Add onion, celery and leek cook until slightly soft ~ 6mins.
2. Add garlic, thyme, and red pepper flakes cook until fragrant ~ 1min.
3. Add broth, water and beans and bring to simmer. Stir occasionally, mashing some beans in the pot to thicken soup. Let simmer 15 mins, add salt and pepper, kale and lemon juice.
4. Cook until wilted, 3 mins.
5. Garnish with Parmesan cheese before serving.

Bon Appetit!

Jumpstart your fitness routine with this 20-minute walking and strength training plan

How to do the 31-day walking and strength challenge

The first thing you need to do is get your head in the game. As your personal trainer, I want to see you succeed – not just for the month of January, but all year long! I am stressing the importance of getting in a positive mindset because [research](#) shows that setting small, concrete goals increases your chances of success. Plus, having a clear cut plan to reach your goals instead of making vague resolutions increases your chance of success, too.

Imagine your fitness journey as an actual trip that you're taking. If you want to go somewhere, it's more likely that you'll get there if you have a map and some directions instead of just gesturing towards the place you think you want to go. In this case, your destination is strength and the way you will get there is by committing to doing these 20-minute workouts. Every single circuit you do along the way is a step on the way to strength.

Use these 4 tips to get – and keep – your head in the game:

1. **Find your why.** The first thing you should do before embarking on any lifestyle change is identify your “why”? If you want to exercise more, why? Is it to feel more confident in your body, be able to [keep up with your grandchildren](#) or have less aches and pains? When you hit a roadblock (which will happen!) having this why to motivate you to push through will make all the difference.
2. **Determine your plan of attack.** It's not enough to set a broad goal. We need to be specific about the steps it will take to get there. What does “exercising more” look like to you? Is it 5 days a week? Is it 20 minutes a day? What time of day? What type of exercise? Write out your goals and then get as specific as possible with what the path to get there looks like. Our 31-day calendar helps with this step. Print it out and hang it somewhere you will see it everyday.
3. **Pick your word of the month.** This word represents what you want to feel as you accomplish your goals. The word represents how you feel after a workout, making a healthy food choice, or taking care of yourself (like going to bed earlier or prioritizing your mental health.) This word could be something like proud, accomplished, energized, happy, strong etc. To read entire article [click here](#).

❖ Full Body Workout & Walking Plan ❖

today.com

When the weather disagrees with your fitness plan, walk inside. Every step you take each day counts no matter where you do it!

Repeat your word with every inhalation and exhalation to help you stay focused on what you want to achieve.

Watch yourself in a mirror when you work out so you can see your form. Even though it may feel goofy at first, smile at yourself.

A quick whole body stretch: Stand up, root your feet into the ground and reach your arms to the sky, stretching as high as you can. Then totally relax. Repeat.

start TODAY

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk <input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk <input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk <input type="checkbox"/> Core	<input type="checkbox"/> Core <input type="checkbox"/> Walk	<input type="checkbox"/> Walk <input type="checkbox"/> Core
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk <input type="checkbox"/> Core	<input type="checkbox"/> Core <input type="checkbox"/> Lower Body	<input type="checkbox"/> Lower Body <input type="checkbox"/> Walk	<input type="checkbox"/> Walk <input type="checkbox"/> Core
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk <input type="checkbox"/> Core	<input type="checkbox"/> Core <input type="checkbox"/> Lower Body	<input type="checkbox"/> Lower Body <input type="checkbox"/> Walk	<input type="checkbox"/> Walk <input type="checkbox"/> Core
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Upper Body	<input type="checkbox"/> Walk <input type="checkbox"/> Core	<input type="checkbox"/> Core <input type="checkbox"/> Lower Body	<input type="checkbox"/> Lower Body <input type="checkbox"/> Walk	<input type="checkbox"/> Walk <input type="checkbox"/> Core
Day 29	Day 30	Day 31				
<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Lower Body	<input type="checkbox"/> Walk <input type="checkbox"/> Core				